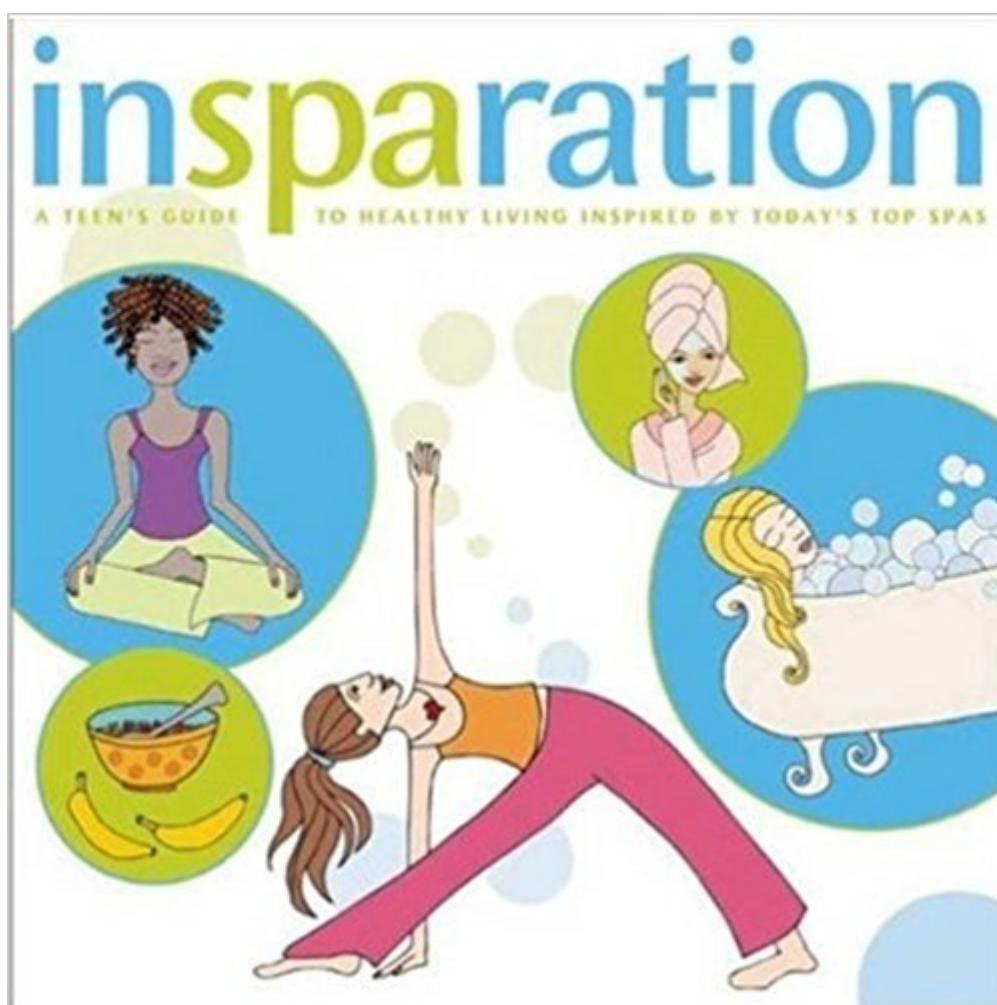


The book was found

Inspiration: A Teen's Guide To Healthy Living Inspired By Today's Top Spas



Synopsis

Today's teens lead stressful lives. Sports, school, extracurriculars, community service, SATs—today's teens lead stressful lives. Spas and resorts are seeing an influx of young adults. Lush photographs plus tips on skin care, spirit, stress management, body, and beauty, including how-tos on yoga, tai chi, stretching, toning, healthy eating, and more—it's not just moms who go to the spa anymore. Now teens are headed to these pampering centers, often for treatments designed just for them. InSPAration looks at the coolest teen-centered treatments these spas have to offer, then lays out easy-to-do, affordable at-home versions. With an emphasis on mind, body, and spirit (plus tips on hosting chic spa parties), this book motivates teens to learn more about healthy body image, proper nutrition, exercise, and good habits. Of course, it's all pretty luxurious, too! From make-your-own treatments like a Banana Split Body Polish and a Blemish-Buster Facial, to the relaxing and emotionally nurturing mom and daughter retreat, to just-for-fun Glam-Slam Nails, InSPAration is like being pampered for a lifetime instead of just one day.

Book Information

Paperback: 128 pages

Publisher: Watson-Guptill (October 1, 2005)

Language: English

ISBN-10: 0823026418

ASIN: B005UWDY7E

Product Dimensions: 9.8 x 0.3 x 9.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #481,633 in Books (See Top 100 in Books) #17 in Books > Teens >

Personal Health > Fitness & Exercise #67 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #109 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Mary Beth Sammons has more than twenty-five years of experience as an award-winning journalist, author, and marketing professional. She has written for the Chicago Tribune, Family Circle, and many other publications. She lives in Chicago. Samantha Moss, a freelance writer and editor,

directed the catalog and Web editorial teams for Pottery Barn, Pottery Barn Kids, and PBteen. She lives in the San Francisco Bay area. Azadeh Houshyar is a designer and illustrator working on several projects with adult and children's book publishers. She lives in New York City.

I absolutely love the book. I got it when I was like 15 and really into spa treatments that you could make at home and it also included yoga and other relaxation things. 10/10 would recommend for any teenager.

We enjoyed reading about the wonderful spa treatments teens can do at home in addition to the spas they can attend.

this book was really good, and it had a lot of information about recipes, and activities that are really nice.

[Download to continue reading...](#)

Inspiration: A Teen's Guide to Healthy Living Inspired by Today's Top Spas TRAVEL + LEISURE: The World's Greatest Hotels, Resorts, and Spas 2012 (Travel + Leisure's World's Greatest Hotels, Resorts + Spas) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Saami Inspired Bracelet Basics: How to make a Saami inspired pewter thread bracelet. (Saami Inspired Bracelets Book 1) Saami Inspired Bracelet Basics: How to make a Saami inspired pewter thread bracelet. (Saami Inspired Bracelets) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Overcoming Teen Obesity: How To Reverse Teen And Childhood Obesity Today McGraw-Hill Education: Top 50 ACT Math Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) McGraw-Hill Education: Top 50 ACT English, Reading, and Science Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) 101 Vacations To Change Your Life: A Guide to Wellness Centers, Spiritual Retreats, and Spas Cookbook For Teens: Teen Cookbook - The Simple and Healthy Teen Cookbook - Easy and Delicious Recipes For Teenagers Being A Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Healthy, Identity & More (Turtleback School & Library Binding Edition) Barber Shop Haircut & Shave: 2 Column Daily Appointment Organizer Book for Professionals | All Businesses | Beauty Parlours | Salon | Spas | ... Paperback (Appointment Books) (Volume 30) Backyard Idea Book: Outdoor Kitchens, Sheds & Storage, Fireplaces, Play Spaces, Pools & Spas (Taunton Home

Idea Books) Pools & Spas, 3rd edition (Landscaping) Pools and Spas: Everything You Need to Know to Design and Landscape a Pool Pools & Spas: Ideas for Planning, Designing, and Landscaping Ultimate Spa: Asia's Best Spas and Spa Treatments Santa Fe in a Week More or Less: Making the Most of Your Days: Lodging, Restaurants, Historical Sites, Museums, Shopping, Art Galleries, Spas, Pueblos

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)